

GET YOUR BACK ON TRACK!

Back on Track back pain and injury program

Prevention Partners' back pain and injury prevention program, Back on Track, is a self-paced educational program that can also be used in a group setting. The Back on Track program includes the following:

- A manual
- An exercise videotape
- A workout towel
- A dyna-band and dyna-band instructions

The videotape and exercise manual show you valuable exercises for your back. The dyna-band comes with an illustration sheet demonstrating various stretching and strengthening exercises. Each Back on Track program is \$10.50. This price includes South Carolina sales tax, and there are no shipping charges.

ORDERING INFORMATION

Name:

Address:

City:

State:

Zip:

Telephone:

E-mail (optional):

Quantity:

Price:

X

\$10.50

Total enclosed:

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Make check payable to Employee Insurance Program. Sorry, no cash or purchase orders accepted.

Please mail check and entire order form to:

**Prevention Partners
Employee Insurance Program
1201 Main Street, Suite 830
Columbia, SC 29201**

Questions? Call **Prevention Partners** at 803-737-3820.



**South Carolina Budget and Control Board
Employee Insurance Program**

The State Health Plan
PREVENTION PARTNERS